



Tobacco Cessation

Department for Public Health
Tobacco Prevention and Cessation Program

Name: _____

Address: _____ Date _____

1-800-QUIT NOW

1-800-784-8669

www.QuitNowKentucky.org

Telephone • Text • Online
Bilingual • It's Free

☐ LABEL

REFILL 1 2 3 4 until tobacco free

You Can Quit • We Can Help

Quit Now Kentucky

You Can Quit • We Can Help

Quit Now Kentucky is available 7 days a week by telephone at **1-800-784-8669** or at www.QuitNowKentucky.org.

You will receive FREE:

- **Support from an experienced quit coach**
- **A personalized quit plan and self-help materials**
- **The latest information about medications that can help you quit**
- **Text messaging**
- **eCoach mobile app**
- **Social support available online**
- **Proactive email support**
- **Pregnancy/postpartum program**

All cessation services are bilingual. Participants who use Quit Now Kentucky are more likely to succeed than those who try to quit on their own. Take control of your tobacco dependence and Quit Now Kentucky!

